

CLUB POLICIES & GUIDELINES

MEMBERS & GUESTS acknowledge that you are physically able to engage in any activity, program, or training provided and agree that all exercises and use of this facility are undertaken at your sole risk. You also agree to accept full responsibility for all personal belongings. Derogatory remarks involving any other member or club personnel will not be permitted.

PROPER CLOTHING & HYGIENE

- Appropriate athletic shoes only. No street shoes, boots, or sandals are allowed in workout areas.
- Shorts, sweat pants, T-shirts, tank-tops, & spandex accessories deemed appropriate by management.
- Clean workout clothing is required. Any unsatisfactory hygiene condition will be addressed by management and corrective action may be required.
- All other clothing and shoes must be kept in lockers. Please keep all valuables at home. Again, we are not responsible for any lost or stolen items.
- Please avoid the use of heavy perfume or cologne.
- No belt buckles, blue jeans, or loose jewelry items can be worn in workout areas.

EQUIPMENT AND CARDIOVASCULAR AREA

- Please be courteous at all times.
- Allow others to work in during your rest periods.
- Keep hands and feet away from all moving parts and weight stacks.
- DO NOT attempt to repair or adjust any equipment that has malfunctioned.
- Report any equipment problem immediately to the staff.
- Use your workout towel to wipe off equipment and benches after use.
- If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
- Children under the age of 16 are not allowed in this area or the weight room area.

WEIGHT ROOM AREA

- Again, please be courteous at all times. Allow others to work in during rest periods.
- Rack all weights after each use.
- If dumbbells appear loose or cracked, report the item to the staff immediately.
- Always use a spotter when attempting maximum weight.
- Collars and clips are to be used for “free bar” lifting.

FOOD / DRINK

- Water bottles with spill proof lids are allowed in all areas of the club.
- Please consume all food items, shakes, and supplement drinks at the juice bar.

CLUB DECREE

All members and guests are required to have fun. We are here to help you reach your fitness goals and provide you with a safe workout environment. Please let us know if you have any questions or recommendations on how we can best serve your needs.